

# HIAWATHA COMMUNITY CENTER



## WINTER 2007

2700 California Ave SW  
Seattle, WA 98116  
206-684-7441



**NEW!**

**REGISTER ONLINE - it's easy!**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**

**SPARC**

## GENERAL INFORMATION

### Hiawatha Community Center

2700 California Ave SW  
 Seattle, WA 98116  
 Phone: 206-684-7441  
 Fax 206-923-1691  
 Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Hours of operation

Monday – Friday	10 a.m. to 9 p.m.
Saturday	9 a.m. to 5 p.m.
Sunday	Closed

### Additional Hours of Operation

*Open to participants in programs funded by Hiawatha Advisory Council*  
 Monday and Tuesday 10 a.m. to 1 p.m.  
 Wednesday – Friday 10 a.m. to 11 a.m.

### Holiday Closures

Mon., Jan. 1st	New Year's Day
Mon., Jan. 15th	Martin Luther King, Jr. Day
Mon., Feb. 19th	President's Day

### Program registration

Begin Monday, December 4 @ 1 p.m.

### Program dates

January 2 - March 30, 2007

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

### Management Staff

Ken Bounds, Superintendent  
 B. J. Brooks, Deputy Superintendent  
 Christopher Williams, Parks & Recreation Operations Director  
 Katie Gray, South Recreation Manager

### Professional Staff

Cynthia Etelamaki, Recreation Center Coordinator  
 Ryan Nakanishi, Asst. Rec. Center Coordinator  
 Al Mason, Recreation Attendant  
 Walter McCarthy, Maintenance Laborer  
 Lisa Crisostomo, Recreation Attendant  
 Darcell Hayes, Recreation Attendant  
 Amy Molieri, Recreation Attendant  
 Amphone "AP" Rasasombath, Teen Director  
 Nan Tate, Preschool Director  
 Traci Thirdegill, Child Care Program Director

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy, #7.16, for specific information.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### SPARC

(Seattle Parks and Recreation Connection) is our new online course registration tool.

With SPARC, you can:

- register for courses
- place yourself on a waiting list for programs that are full
- check program availability
- register and pay for programs
- check your family's current registration
- view your account history

For more information, please visit us at [www.ci.seattle.wa.us/parks/](http://www.ci.seattle.wa.us/parks/)

# GENERAL INFORMATION

## Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

## Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical disabilities.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Rentals

For information about room rentals, please view our facility rental brochure ([www.seattle.gov/parks/reservations/Facrentalguide.htm](http://www.seattle.gov/parks/reservations/Facrentalguide.htm)).

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

## Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

## Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

## Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## SPECIAL EVENTS

### Community Pancake Breakfast

Come to Hiawatha Community Center and enjoy a wonderful breakfast with your family and friends. The breakfast includes all you can eat pancakes, sausage, ham, bagels, and fruit and all you can drink coffee, hot chocolate, and juice. All proceeds will support our youth basketball program. Please call the center if you would like to volunteer for this community event.

**February 11**  
**8 a.m. - 12 p.m.**

#### Pancake Breakfast Ticket Prices

\$5 for 18 and older  
\$4 for youth and seniors  
4 and younger free



### Family Movie Nights

Bring all of the family to see one of the latest releases to video here at Hiawatha Community Center. It's also a good chance to see friends or get to know your neighbors.

**January 19**  
**February 16**  
**March 16**  
**6:30 p.m.**

**\$2 per person or \$5 per family.**



### Toddler Fun Day Valentine EXTRAVAGANZA

This is just like our everyday Toddler Fun Day, but 1000 times more exciting! As always, we will have out balls, hula hoops, mats for tumbling and rolling, riding toys to zip around the gym, and slides and climbing toys for your toddler's pure enjoyment. What makes this day different is we will have a KING SIZED bouncer toy, face painting and a real live CLOWN to entertain the kids. We'll also serve popcorn and juice. Don't miss out on all of this fun!

**\$2 per child, \$5 per family**  
**Thursday, February 15**  
**10 a.m. - noon**

### Spring Egg Hunt

Hop on in to Hiawatha Community Center to participate in our annual spring egg hunt. Groups will be broken down into four separate age groups, with its own designated areas for finding candy and prize eggs. Find a prize egg and redeem it inside the community center for a special egg hunt prize. This fun event will start promptly at 10am and end when all candy and prize eggs are found. Don't be late for this one!

**Saturday, April 7, 2007**  
**10 a.m. sharp!**  
**12 and younger**  
**Free**

# TOTS & TODDLERS

## Learning Ladder Co-op Playgroup

Dads, Moms, Grandparents, and Nannies! Are you home alone with a small child? Come and join our co-op playgroup! Interact with other grownups and children. Share advice and experiences with each other and with the education professional. Start laying the foundation for your child's social and educational development. There will be lots of toys and lots of fun!

**Instructor:** Nan Tate

[learningladderpreschool@hotmail.com](mailto:learningladderpreschool@hotmail.com)

**Ages** 1½ - 3

**\$55**

**Location:** Auditorium

**Friday**

**10 a.m. - noon**

**#13358**

**1/5/2007 - 1/26/2007**

**#13359**

**2/2/2007 - 2/23/2007**

**#13360**

**3/2/2007 - 3/30/2007**



## Creative Movement & Pre-Ballet

Learn basic movements of ballet using story telling and drama. A ballet skirt or tu-tu is required.

**Instructor:** Jennifer Hansen

**Ages** 3 - 5

**\$80**

**Location:** Auditorium

**#13344**

**1/8/2007 - 3/26/2007**

**Monday**

**10:45 - 11:30 a.m.**

**No Class on 1/15 or 2/19**

**Monday**

**1/8/2007 - 3/26/2007**

**4 - 5 p.m.**

**No Class on 1/15 or 2/19**

**#13346**

**1/11/2007 - 3/15/2007**

**Thursday**

**4 - 4:45 p.m.**

## Learning Ladder Preschool

Your child will be proud to attend his or her own school. The mornings are filled with fun and learning. Playtime includes creative and dramatic play, arts and crafts, circle time, and field trips. Learning time introduces your child to the ABCs and 123s, as well as science and math. Your child will learn age-appropriate social skills too!

**Instructor:** Nan Tate

[learningladderpreschool@hotmail.com](mailto:learningladderpreschool@hotmail.com)

**Ages** 3-5

(3 by August 31st)

**Location:** Auditorium

**Tues., Wed., Thurs.**

**#13361**

**#13362**

**#13363**

**2 Days/Week \$130**

**3 Days/Week \$165**

**9:30 a.m. - 12:30 p.m.**

**1/2/2007 - 1/31/2007**

**2/1/2007 - 2/28/2007**

**3/1/2007 - 3/29/2007**

HIAWATHA COMMUNITY CENTER





## BEFORE & AFTER SCHOOL

### Before School

Program Director: Tracy Thirdgill

Ages 5 - 11

5 day \$160

5 day(2nd Child Discount) \$150

Location: Kid's Room

Mon. - Fri. 3 - 6 p.m.

#13337 1/2/2007 - 1/31/2007

#13338 2/1/2007 - 2/28/2007

#13339 3/1/2007 - 3/30/2007

### After School

Our program is designed to serve the needs of working parents and to provide children with social, physical, and recreational activities in a safe and caring environment.

Program Director: Tracy Thirdgill

Ages 5 - 11

5 day \$245

5 day (2nd Child Discount) \$235

Location: Kids' Room

Mon. - Fri. 3 - 6 p.m.

#13324 1/2/2007 - 1/31/2007

#13326 2/1/2007 - 2/28/2007

#13328 3/1/2007 - 3/30/2007

### Mid-Winter Break Camp

Ages 5 - 11

Location: Kids' Room

#13373 2/20/2007 - 2/23/2007

Tues., Wed., Thurs., Fri. 7 a.m. - 6 p.m.

Day Camp - Short Week \$116

Day Camp - Short Week (2nd child discount) \$112

Ages 10 - 13

\$120

Location: Game Room

#13374 2/20/2007 - 2/23/2007

Tues., Wed., Thurs., Fri. 7 a.m. - 6 p.m.

### 2007-2008 Out of School Care

#### Important Registration Information!

Lottery registration for **CURRENT** before and after school participants is Monday, May 7, 2007 at 7 p.m. in the Hiawatha Auditorium.

Lottery Registration for **NEW** participants is Monday, May 14, 2007 at 7 p.m. in the Hiawatha Auditorium.

Lottery numbers will be given out at 7 p.m. sharp, so please be on time. There is no need to arrive sooner than 7 p.m..

### Day Between Semesters

Your kids have a day off from school and we will provide fun activities to keep them busy. Activities may include sports, games, arts and crafts, reading, and drama. Depending on the day, activities may also include a field trip or swimming.

Ages 5 - 12

Full Time (both BF & AF) \$10

Either BF or AF \$15

Not in BF or AF \$29

Location: Kids' Room

#13348 2/2/2007

Friday 7 a.m. - 6 p.m.

Ages 10 - 14

Enrolled in AF \$20

Not Enrolled in AF \$30

Location: Game Room

#13349 2/2/2007

Friday 7 a.m. - 6 p.m.

### Professional Development Day: 3/16

Ages 5 - 12

Full Time Both BF & AF \$10

Either BF or AF 15

Not in BF or AF \$29

Location: Kids' Room

#13375 3/16/2007

Friday 7 a.m. - 6 p.m.

### Middle School Late Arrival

Drop your children off, and we will supervise and get them to school while you are at work!

Ages 10 - 14

\$10

Location: Game Room

Tuesday 7 - 9:15 a.m.

#13384 1/9/2007

#13385 1/23/2007

#13386 2/13/2007

#13387 3/13/2007

#13388 3/27/2007

### Middle School After School Program

Program Director: Ampone "AP" Rasasombath

Ages 10 - 13 \$180

Location: Game Room

Mon. - Fri. 2:30 - 6 p.m.

#13370 1/2/2007 - 1/31/2007

#13371 2/1/2007 - 2/28/2007

#13372 3/1/2007 - 3/30/2007

# YOUTH SPORTS

## T-Ball

Come sign up your 5-7 year old boy or girl for co-ed T-Ball here at Hiawatha. This league will give your child basic skills to get ready for baseball and softball. Please come by the community center to pick up registration forms.

## Track

On your marks! Get set! GO! Feel the glory of winning that race or reaching your personal best in any of the several track and field events that Hiawatha offers. From the 50 to the 1,600 meter races to relay races, javelin throws, long jump, triple jump, and more, you and the coach will decide what is best for you and give you the skills to excel. Track meets take place weekly throughout the season with a Citywide championship at the end of the season. Practices will be held twice a week, those days will be determined by volunteer coach availability. Registration begins on February 13, 2007.

## Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions, requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at the first class. The instructor, Jeff Marsten, will have them available for \$20.

**Instructor: Jeff Marsten**

**Ages 8 and older**  
**Location: Auditorium**  
**#13447**  
**Tuesday**

**\$70**

**1/9/2007 - 3/20/2007**  
**7 - 9 p.m.**

## Lil Sports ages

This class is a combination of basketball and soccer. We will focus on basic ball skills as well as teamwork and team principles.

**Instructor: Thomas Lofton**

**Ages 18 - 23 Months**

**\$65**

**Location: Gym**

**#13364**

**Tuesday**

**1/9/2007 - 3/20/2007**

**11:30 a.m. - 12:15 p.m.**

**Ages 2 - 3**

**\$65**

**#13365**

**Tuesday**

**1/9/2007 - 3/20/2007**

**12:30 - 1:15 p.m.**

**Ages 3 - 4**

**\$65**

**#13366**

**Thursday**

**1/11/2007 - 3/22/2007**

**11:30 a.m. - 12:15 p.m.**

**Ages 4 - 5**

**\$65**

**#13367**

**Thursday**

**1/11/2007 - 3/22/2007**

**12:30 - 1:15 p.m.**

## Hiawatha Playfield Batting Cage

The batting cage is available year round. Pick up the key inside our center and perfect your swing!



**HIAWATHA COMMUNITY CENTER**

## ADULT PROGRAMS

### Stretch Conditioning

What a great way to start your day! Come join this invigorating class that incorporates yoga and basic ballet stretches. It will awaken your mind and body. We start with some simple rhythmic warm ups and then stretch every muscle you can think of. We also work on proper body alignment and strengthening exercises. This class is open to all levels. Bring a mat a wear comfortable clothing.

**Instructor: Jennifer Hansen**

**Ages 18 and older** **\$100**  
**Location: Auditorium**  
**#13376** **1/8/2007 - 3/26/2007**  
**Monday** **9:30 - 10:30 a.m.**

### Yoga - Mixed Level

You are invited to join us for one hour and 15 minutes of mixed-level yoga every Wednesday evening. This class combines alignment-based practice with Hatha flow and is designed for beginning students (3 months' practice) and those with more experience. Each class will include strengthening and stretching and will focus on the breath and understanding the asana (pose) as a means of achieving connection to the mind and body.

**Instructor: Roz Boyd**

**Ages 18 and older** **\$100**  
**Location: Auditorium**  
**#13383** **1/10/2007 - 3/14/2007**  
**Wednesday** **6:30 - 7:45 p.m.**

### Fusion Hip Hop Dance - ages 6 - Adult

Get ready to leave your inhibitions at the door! Classes begin with a vigorous, rhythmic warm-up (with some jazz technique) followed by a lively and innovative dance routine blending East and West coast hip-hop, jazz funk, and R&B styles. All classes are open to movers and shakers of all levels. Wear loose clothing and be ready to sweat!

**Instructor: Jennifer Hansen**

**Ages 6 and older** **\$80**  
**Location: Auditorium**  
**#13445** **1/11/2007 - 3/22/2007**  
**Thursday** **5 - 6 p.m.**

### Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions that requires both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at the first class. The instructor, Jeff Marsten, will have them available for \$20.

**Instructor: Jeff Marsten**

**Ages 8 and older** **\$70**  
**Location: Auditorium**  
**#13447** **1/9/2007 - 3/20/2007**  
**Tuesday** **7 - 9 p.m.**

### Middle Eastern Dance

Want to dance like Shakira? You can learn the basics of Belly Dance in this class. Included are basic postures, movements, veil, finger cymbals, and shimmies! Have a good time doing something good for yourself. The class can include opportunities to join/perform with student troupe "Ladies Do Bellydance."

**Instructor: Sian Lane**

**Ages 18 and older** **\$60**  
**Location: Upstairs Auditorium**

**Beginners**  
**#13368** **1/11/2007 - 3/15/2007**  
**Thursday** **6:30 - 7:30 p.m.**

**Intermediate**  
**#13369** **1/11/2007 - 3/15/2007**  
**Thursday** **7:30 - 8:30 p.m.**

### The Basics: Six-week basic obedience course for dogs 6 months and older.

This class uses reward based positive reinforcement only; no leash corrections are used. The class covers canine thought, communication, leadership, jumping up and walking on a loose leash as well as practical commands such as sit, down, stay, wait, come, look, leave-it, and go to your place. Learn how, by using positive methods, you can prevent undesirable behaviors and gain desirable ones for your dog. We will also give you the basic tools to become a great (and effective!) leader to your dog.

**To register, go to [www.dogsdayoutseattle.com](http://www.dogsdayoutseattle.com) or call 206-706-4875**

**Instructor: Danette Johnston, LVT.**

**1/8/2007 - 2/12/2007** **\$120**  
**Monday** **6:30 p.m. - 7:30 p.m.**



# LIFELONG RECREATION

## Southwest Classes and Special Events

### Southwest Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist

206-935-2162

E-mail: [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

**Winter Quarter Dates:** January 2 – March 16

**No classes:** Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

**Class Registration and Payment:** You can register beginning December 4 in one of three ways: You can call Mary at 206-935-2162; you can register online at [www.seattle.gov/parks](http://www.seattle.gov/parks); or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

#### Southwest Sector Sites

Alki CC.....	5817 SW Stevens St
Alki Bathhouse .....	2701 Alki Ave SW
Delridge CC.....	4555 Delridge Way SW
Hiawatha CC.....	2700 California Ave SW
High Point CC.....	6920 34th Ave SW
South Park CC.....	8319 8th Ave S
Southwest CC & Pool .....	2801 SW Thistle St

## AEROBICS, FITNESS & DANCE

### Fitness

**\$24 – 1 day/wk**

An entire body workout. This class uses dya bands and weights and includes floor work. You'll improve balance, flexibility, and agility. Bring weights to class.

#13010	Mon	10 – 11 a.m.	Alki CC
#13002	Tue	10 – 11 a.m.	Southwest CC
#13005	Wed	10 – 11 a.m.	Alki CC
#13007	Fri	10 – 11 a.m.	Southwest CC

### Enhance Fitness

**\$24 – 1 day/wk**

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. This class is highly adaptable and great for people of all fitness levels. We will provide weights. This class is free for Group Health Members with Medicare Part B coverage. We recommend taking this class two days per week.

#12999	Tue	8:30 – 9:30 a.m.	Southwest CC
#13000	Thu	8:30 – 9:30 a.m.	Southwest CC
#13001	Mon	8:30 – 9:30 a.m.	Southwest CC

### Pilates

**\$42**

Pilates helps improve focus, reduce stress, improve posture, correct muscle imbalance, and strengthen core muscles.

#13019	Tue	10:45 – 11:45 a.m.	Alki CC
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### Water Exercise

**\$3 drop-in**

This shallow end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while they improve their cardiovascular systems. No swimming ability is required. Call 206-684-7440 for more information.

Tue/Thu	1:30 – 2:15 p.m.	Southwest Pool
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### Pickleball

**\$2 drop-in (Age 65+ \$1)**

Pickleball is an indoor game, a cross between tennis and paddle ball. It's a great cardio workout, and it's fun!

MWF	10 a.m. – Noon	Hiawatha CC
Tue/Thu	Noon – 2 p.m.	Southwest CC

### Volleyball

**\$2 drop-in (Age 65+ \$1)**

Enjoy drop-in recreational play for men and women.

Tue/Thu	10 a.m. – Noon	Southwest CC
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### Line Dance

**\$24**

Get out on that dance floor and move to the music! Line dancing is great for your body and your soul. No experience or partner is needed.

#13016	Tue (1/2 – 3/13)	10 – 11 a.m.	Hiawatha CC
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### Partner Dance

We would like to get a dancing group for couples started. Our last offering was at the High Point Community Center on Wednesdays from 11 a.m. to noon. Interested? Please call Mary at 206-935-2162 with suggestions.

## SOUND STEPS

### Sound Steps Mall Walking

**Free**

Enjoy an indoor walk at Southcenter Mall with time for shopping afterward. Transportation is provided. We'll provide pickup at two West Seattle sites. Please reserve your spot by the Wednesday before by calling Mari Becker at 206-684-4664.

Fridays	8:30 – 11:15 a.m.	Southcenter Mall
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### Harbor Avenue Walking Group

**Free**

Have a regular walk with friends while you enjoy Seattle's natural waterfront beauty. Meet at the big anchor at Duwamish Head, 1140 Alki Ave SW.

Thursdays	8:45 – 9:45 a.m.	Meet at Duwamish Head
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### Sound Steps Urban Hike: Longfellow Creek

**Free**

Enjoy this diverse trail through public greenspaces, neighborhoods and business areas. This is a gently sloping, three-mile walk. It is not accessible for those who use wheelchairs or walkers. Bring a lunch, and we'll provide dessert. Please register at least one week in advance by calling Mari Becker, 684-4664.

Thu, Feb 22	10:45 a.m. – 1:45 p.m.	Meet at Southwest CC
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### High Point Sound Steps

**Free**

Fun neighborhood walk!

Mon	1 – 2 p.m.	Elizabeth House
Thu	10 – 11 a.m.	3201 SW Graham St

# LIFELONG RECREATION

## ARTS AND CRAFTS

### Sculpted Tiles and More \$50

Learn to make bas-relief tiles (sculpted on the front, flat on the back) using a variety of techniques, then experiment with using these same techniques to make other clay items of your choosing. The instructor will present lots of fun ideas, tools, and techniques to try out. Extra studio time is included in class fee. No experience is needed. The class fee is due when you register, and a \$20 supply fee is due to the instructor on the first day of class.

#13026 Mon (1/29 – 3/12) 12:30 – 2 p.m. Alki Bathhouse

### Ceramics Free

In this class, you'll work with preformed art pieces that you clean, fire, and then paint. Volunteer instructors are knowledgeable and available to help you. *We provide supplies for the first class; you'll need to purchase materials for the later classes.* Call 206-767-3650 and leave a message and Bea will get back to you.

Thursdays 10:30 a.m. – 2 p.m. South Park CC\*

\*Class meets in SPARC Building, 8201 10th Ave S

## BOOK CLUBS

### Alki Book Club Free

The club meets the first Wednesday of each month at the Alki Community Center at 11:15 a.m. At noon there is a book exchange for anyone who would like to share books. **Instructor: Mary Dalzell**

Wednesdays: Jan 3, Feb 7, Mar 7 11:15 a.m. – 12:15 p.m.

### Southwest Book Club Free

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss it. The group meets at 1 p.m. the third Thursday of each month at Southwest CC.

Thu: Jan 18, Feb 15, Mar 15 1 – 2 p.m.

## CARDS AND GAMES

### Bridge Free

This is a drop-in program for experienced players.

Mon/Wed 10:30 a.m. – 2 p.m. Southwest CC

## COMPUTERS & TECHNOLOGY

### Basic Computers \$15/session

This is a beginner's class in which you will learn how to use a mouse, explore sites with multiple pages, learn search engine techniques, set up a free e-mail account, and work with sites for travel arrangements, including MapQuest. We work with a ratio of three students per instructor. Please have basic typing skills.

#12993 T/Th (1/9 – 1/18)

10 a.m. – Noon Southwest CC

#12994 T/Th (2/6 – 2/15)

10 a.m. – Noon Southwest CC

#12996 T/Th (3/6 – 3/15)

10 a.m. – Noon Southwest CC

## WORKSHOPS AND SPEAKERS

### Garden Chat Free

This is a once a month gathering for people who enjoy their yards, gardens, yard art, or who just admire the beauty of what others have done with their yards. This is not a club so come on down and share your passion and enjoy the company of others who get satisfaction from a days work in the yard. The group meets the first Tuesday of each month.

First Tuesdays 11:15 a.m. – Noon Southwest CC

### Preventing & Treating Diabetes Naturally Free

Candace McNaughton, ND, will talk about insulin resistance, self care, and preventing and treating diabetes. Get tips on alternative sweeteners, how to exercise, and natural treatments. You'll also learn about preventing and treating complications such as eye, kidney, and skin problems.

Mon, Jan 22 10:45 a.m. – Noon Alki CC

### Peru Free

Randy Smith the Recreation Coordinator at Jefferson Community Center took his family on a month-long visit to Peru. He will share his experiences and pictures of the wonderful time they had in this colorful country.

Tue, Jan 31 11:15 a.m. – 12:30 p.m. Alki CC

### Flexcar Free

Flexcar pays for the gas, parking, insurance, and maintenance. You just pay an hourly rate when you reserve a car. This transportation may be an option for you or someone you know. Come and get the details. Please register by February 14.

**Instructor: Cherie Seymore**

Wed, Feb 21 11:15 a.m. – Noon Alki CC

### Cooking With Trevor \$10

Trevor is back from Ohio and ready to put his cooking skills on display. For our dining pleasure he has chosen Italian/Pastabilities. Please welcome him back and enjoy a delicious lunch.

#12998 Thu, Mar 15 11 a.m. – 1 p.m. Southwest CC

### Fabulous Fashion Show II \$3

Come see local businesspeople, volunteers, and others modeling clothing from the West Seattle Discovery Shop and the Stop-N-Shop store. It was great fun last year and we expect to have just as many laughs and good times this year. West Seattle Senior Center will be host site. You can make reservations for lunch, which begins at 11:45 a.m., or just come for the show which starts at 12:30. Lunch costs \$3. Please call 932-4044 one week ahead to make a reservation. The \$3 for the show is due when you arrive at the Senior Center.

Wed, Mar 14 12:30 p.m. West Seattle Senior Center  
4217 SW Oregon St

# LIFELONG RECREATION

## Southwest Trips

### Southwest Trip Registration Information

**Make checks payable to:** City of Seattle.

**Trip Registration** begins December 4 by calling 206-935-2162. You can also register online ([www.seattle.gov/parks](http://www.seattle.gov/parks)) or at your local community center. Payment is due when you register. We accept cash, checks, Visa, MasterCard, and American Express. All trip times, costs, and destinations are subject to change. *On all trips, lunch is on your own.*

#### Pick-up Sites:

High Point CC.....6920 34th Ave SW  
Hiawatha CC.....South parking lot  
of Safeway on California Ave SW

### Mochi Tsuki

Celebrate the Japanese new year on Islandwood. There will be demonstrations, exhibits, and Tiko drummers. Please bring a lunch. Ferry fees of \$6.50 is not included. There will be an additional pick up at the Jefferson Community Center for this trip.

#13668 Sun, Jan 7 10:45 a.m. – 4 p.m. \$6

### Museum of Flight/DaVinci Exhibit

Tour the Museum of Flight with all its new exhibits. The museum is now hosting the international exhibit on Leonardo DaVinci, one of history's greatest inventors, showing more than 50 of his works. Please bring your own admission fee.

#13665 Thu, Jan 11 10 a.m. – 3 p.m. \$6

### Kirkland Parkplace

Shop, look, eat, and enjoy an afternoon in Kirkland. You'll surely find some changes from the last time you were there.

#13670 Thu, Jan 25 10 a.m. – 3:30 p.m. \$7.50

### Brookwood Equestrian Center

The northwest's oldest operating riding facility is located in Lake-wood. Enjoy a tour of the facilities, see the horses, and watch a riding demonstration.

#13027 Thu, Mar 1 9:30 a.m. – 4 p.m. \$12.50

### Dog Show

The Seattle Kennel club celebrates its 69th year with more than 1600 dogs competing for best in show awards. Enjoy agility, rally, and obedience trials for all breeds. Admission on your own.

#13662 Sun, Mar 11 10 a.m. – 3 p.m. \$5.50

### Auction House

Pacific galleries is our destination. You can bid, watch, or spend time browsing. We will arrive in time for you to check out the items to be auctioned. Enjoy lunch on your own after the auction.

#13669 Mon, Mar 19 8:30 a.m. – 3:30 p.m. \$6.50

### Library Tours

In 1998, Seattle voters approved the \$196 million "Libraries for All" bond issue, which has resulted in many new libraries all over the city. We will visit some of them and spend time in their neighborhoods.

**Location: High Point Community Center** **Outdoor Space**  
#13667 Thu, Feb 1 10 a.m. – 4 p.m. \$7.50

### Movie & Lunch

Our annual excursion to the movies. We'll choose a theater with multiple offerings and eating facilities nearby. You're on your own for the movie and lunch.

#13671 Thu, Feb 8 10 a.m. – 4 p.m. \$6.50

### Sea Tac Airport Tour

Get an inside view of the newly remodeled airport. You'll see the emergency operations systems and the main terminal area, ride the tram, see fabulous artwork, and finish with lunch in the fast food eating area. You're on your own for lunch. Please note: there's lots of walking on this trip.

#13672 Thu, Feb 22 9:15 a.m. – 1:30 p.m. \$8

**Please register for trips beginning December 4 online at [www.seattle.gov/parks](http://www.seattle.gov/parks) or at your local community center.**

### SPECIAL EVENTS

#### Birthday Brown Bag

It's my birthday and in celebration you're all invited. Bring your own brown bag lunch. You have all done so much to enhance my love of my work that I thought we could sit around and do some remember when stuff.

Wed, Jan 17 11:15 a.m. – Noon Free Alki CC

#### Snowball Dance

Come to dance or just listen to the band. This takes place at, and is co-sponsored with, the West Seattle Senior Center. Admission fee is \$2 payable when you arrive at the Senior Center. Admission for men is free, as we would like to encourage your participation.

Tue, Jan 23 1:30 p.m. West Seattle Senior Center \$2 (men free!)  
4217 SW Oregon St

#### Wellness Fair

Queen Anne Community Center will be the host site for this offering of over 30 exhibitors, an auction with great prizes, and a free soup and sandwich lunch. Please see the citywide page for more information and the transportation fee. To register please call Mary at 935-2162.

Fri, Jan 26 11:30 a.m. – 2:30 p.m. TBD Queen Anne CC

#### Valentine Party

It's a sweetheart of a day. Bring pictures of that special someone and share some memories. As in the past, bring finger food treats to make it an even better party.

Wed, Feb 14 11:15 a.m. – 12:30 p.m. Free Alki CC

## DAILY SCHEDULE

### Southwest Pool Daily Schedule Winter 2007, 1/2-3/27

#### MONDAYS & WEDNESDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult & Senior Swim
2:00-2:30	Home School Lessons (M)
3:00-4:00***	Lap Swim
4:00-5:30	Swim Lessons
5:30-6:30	Lap Swim
5:30-6:30	Masters Workout
6:30-7:15	Diving Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:15	Hydro-Fit (deep end)
7:30-8:30	Shallow end Public Swim

#### TUESDAYS & THURSDAYS

Noon-1:30 PM	Adult & Senior Swim
1:30-2:15	Sr. Adult Water Exercise
4:15-5:00	Competitive Stroke
4:30-5:00	3 Years Old Lessons
5:00-6:00**	Lap Swim
6:00-6:30	Swim Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit (deep end)
8:30-9:15	Adult Water Aerobics

\* Admission to EMLS by swim ticket only

\*\* Programs cancelled 3-5:30 pm due to swim meets on: 1/5, 1/9, 1/12, 1/16, 1/23

\*\*\*M/W/F 3-4 pm Lap Swim resumes  
February 12th

#### POOL CLOSED

Martin Luther King Day	1/15
Presidents Day	2/19

Winter swim lesson registration starts 12/4 @ 7 AM  
Info: [www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm)  
Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

#### FRIDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult & Senior Swim
1:30-2:30	Family/Lap Swim
3:00-4:00***	Lap Swim
4:30-5:30**	Public Swim
5:30-7:00	Lap Swim
6:00-7:00	Masters Workout
7:00-8:00	Family Swim - only \$2.00!
8:30-10:00	Rentals (Call to Schedule)

#### SATURDAYS

9:30-10:30 AM	Lap Swim
9:30-10:30	Youth Fitness Workout
10:30-Noon	Swim Lessons
Noon-1:00 PM	Lap Swim
Noon-1:00	Triathlete Training
1:00-2:00	Public Swim
2:00-10:00	Rentals (Call to Schedule)

#### SUNDAYS

11:00-12:30 PM	Adult & Senior Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:30-10:00	Rentals (Call to Schedule)

#### FACILITY FEES & CHARGES

Youth (1-18)	\$2.75
Adult (19-64)	\$3.75
Senior Adult (65 & over)	\$2.75
Special Population	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Recreation Punch Card (save \$2.00)	\$20.00
Fitness Punch Card (save \$3.00)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$3.75



# PROGRAMS

## SOUTHWEST POOL

### Southwest Pool Recreation & Fitness Programs

#### ADULT/ SENIOR ADULT SWIM

This is recreational swim period for adults 19 years and older. Fast, medium, and easy lanes are available for fitness swimming.

Monday - Friday	Noon - 1:30 PM
Sunday	11:00 - 12:30 PM

#### LAP SWIM

This program is designed for serious swimmers as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F	6:00 - 7:30 AM
M/W/F*	3:00 - 4:00 PM
Monday & Wednesday	5:30 - 6:30 PM
Tuesday & Thursday	5:00 - 6:00 PM
Friday	5:30 - 7:00 PM
Saturday	Noon - 1:00 PM
Saturday	9:30 - 10:30 AM
Sunday	5:00 - 6:00 PM

\*Program ends 11/13 due to high school swim team practice. Resumes February 12, 2007.

#### PUBLIC SWIM

This is a recreational swim time for all ages. You can bring your clean masks, fins, snorkels, life preservers, and water wings to use.

Monday - Thursday	7:30 - 8:30 PM
<i>(Monday and Wednesday evening public swims are shallow end only.)</i>	
Friday	4:30 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM

#### FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth younger than 18.

Friday	1:30 - 2:30 PM
Friday	7:00 - 8:00 PM
Sunday	2:00 - 3:00 PM

#### ADULT WATER AEROBICS

Shallow end Water Aerobics is a workout consisting of warm-up, stretching, 30 minutes of aerobic activity, and a cool down. No swimming ability is required.

Tuesday & Thursday	8:30 - 9:15 PM
Class Fee: \$4.75 Adults/ \$3.00 Senior Adults	

#### ADULT HYDRO-FIT

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program. The use of specially designed buoyancy and resistance apparatus provides a demanding workout for the whole body. Some deep water swimming ability is required.

Monday & Wednesday	7:30 - 8:15 PM
Tuesday & Thursday	8:30 - 9:15 PM
Class Fee: \$4.75 Adults/ \$3.00 Senior Adults	

#### SENIOR ADULT WATER EX

Shallow end Senior Adult Water Exercise provides a recreational and therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability is required.

Tuesday & Thursday	1:30 - 2:15 PM
Class Fee: \$4.75 Adults/ \$3.00 Senior Adults	

#### MASTERS WORKOUT

An experienced coach supervises an interval workout of 2,500 yards or more. Different lanes are set aside for different abilities. The instructor will offer stroke work and helpful tips during this time.

Monday & Wednesday	5:30 - 6:30 PM
Friday	6:00 - 7:00 PM

For information on Southwest Pool programs or swimming lessons, please call (206) 684-7440. Southwest Pool is located at 2801 SW Thistle.



## COMMUNITY PHONE NUMBERS

### Recreation Information

Public Information	684-4075
Compliments/Concerns	684-4837
Ballfield Rainout Hotline	233-0055
Citywide Teen	
Program Advocate	684-7136
Environmental Stewardship	733-9701
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Court Scheduling	684-4082
Picnic Scheduling	684-8021
Teen TREC Program	684-7097
Sports Information	
Amy Yee Tennis Center	684-4764
Citywide Adult Athletics	684-7092
Citywide Youth Athletics	684-7091
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Court Scheduling	684-4082

### School Information

Alki	252-9050
Fairmount Park	252-9290
Gatewood	252-9400
Hope Lutheran	935-8500
Lafayette	252-9500
Madison Middle	252-9200
Our Lady of Guadalupe	935-0651
Pathfinder	252-9710
Schmitz Park	252-5370
Tilden	938-4268
West Seattle Christian	938-1414
West Seattle Montessori	935-0427
West Seattle High	252-8800
Transportation	252-0900

### Special Interests

Aquarium	386-4320
Woodland Park Zoo	684-4800
Green Lake	
Small Craft Center	684-4074
Mt Baker Rowing & Sailing Center	386-1913
Daybreak Star	
Cultural Arts Center	285-4425
Langston Hughes	
Performing Arts Center	684-4757
Camp Long Environmental Learning Center	684-7434
Carkeek Park Environmental Learning Center	684-0877
Discovery Park Environmental Learning Center	386-4236
Seward Park Environmental Learning Center	684-4396
Volunteer Park	
Conservatory	684-4396

### Community Services

Metro Transit Rider Info	553-3000
Police - Non-emergency	625-5011
Police - SW Precinct	733-9800
Southwest Youth & Family Services	937-7680
West Seattle	
Chamber of Commerce	932-5685
West Seattle Neighborhood Service Center	684-7495

### Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Laurelhurst	684-7529
Loyal Heights	684-4052
International District/Chintown	
Community Center	233-0042
Magnolia	386-4235
Magnuson	684-7026
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Northgate	386-4283
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

### Swimming Pools

Ballard	684-4094
Colman (Summer only)	684-7494
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Mounger (Summer only)	684-4708
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440

### Special Programs

Senior Adult Programs	
Citywide	684-4951
Southeast	684-7484
Special Populations (Youth/Adult)	684-4950

# SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



## Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

## Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: \_\_\_\_\_ Sex: Male Female  
Last First MI (Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_)  
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? \_\_\_\_\_

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 <sup>ST</sup> CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

\*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

## How would you like to pay?

Person making payment \_\_\_\_\_  
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # \_\_\_\_\_  
Make checks payable to "City of Seattle"

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only  
Authorization (Ref) #: \_\_\_\_\_

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**PLEASE INCLUDE  
PAYMENT**

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:

# SPECIAL EVENTS AT HIAWATHA

## Community Pancake Breakfast

Come to Hiawatha Community Center and enjoy a wonderful breakfast with your family and friends. The breakfast includes all you can eat pancakes, sausage, ham, bagels, and fruit and all you can drink coffee, hot chocolate, and juice. All proceeds will support our youth basketball program. Please call the center if you would like to volunteer for this community event.

**February 11  
8 a.m. - 12 p.m.  
Pancake Breakfast Ticket Prices**

\$5 for 18 and older  
\$4 for youth and seniors  
4 and younger free

## Spring Egg Hunt

Hop on in to Hiawatha Community Center to participate in our annual spring egg hunt. Groups will be broken down into four separate age groups, with its own designated areas for finding candy and prize eggs. Find a prize egg and redeem it inside the community center for a special egg hunt prize. This fun event will start promptly at 10am and end when all candy and prize eggs are found. Don't be late for this one!

**Saturday, April 7, 2007  
10 a.m. sharp!  
12 and younger  
Free**



## Toddler Fun Day Valentine EXTRAVAGANZA

This is just like our everyday Toddler Fun Day, but 1000 times more exciting! As always, we will have out balls, hula hoops, mats for tumbling and rolling, riding toys to zip around the gym, and slides and climbing toys for your toddler's pure enjoyment. What makes this day different is we will have a KING SIZED bouncer toy, face painting and a real live CLOWN to entertain the kids. We'll also serve popcorn and juice. Don't miss out on all of this fun!

**\$2 per child, \$5 per family  
Thursday, February 15  
10 a.m. - noon**

## Family Movie Nights

Bring all of the family to see one of the latest releases to video here at Hiawatha Community Center. It's also a good chance to see friends or get to know your neighbors.

**January 19  
February 16  
March 16  
6:30 p.m.**

**\$2 per person or \$5 per family.**



Hiawatha Community Center  
2700 California Ave SW  
Seattle, WA 98116-2451  
206-684-7441



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